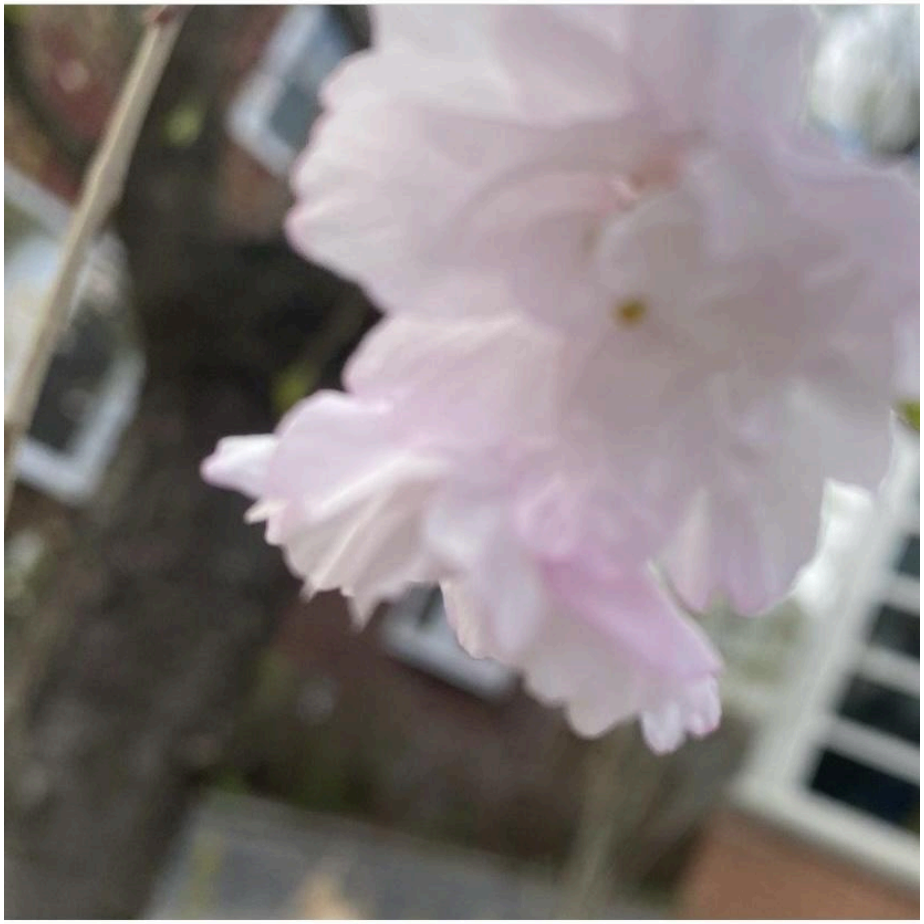
Sunlight

Poetry

By: Ash the Poet

For my godfather Derek



Sunlight

Your heartbeat, your breath, your words, your sense of wonder
It all begins with sunlight

Your dreams, your hopes, your visions for the future
It all begins with starlight

Your peace, your prayers, your meditation, your healing
It all begins with moonlight

Your stories, your laughter, your daydreams, your small steps
It all begins with daylight.

A drop of rain

A drop of rain
does not worry
if it is good enough
if it is fast enough
if it is cold enough
if it is wild enough

it simply is.
eager to fall
eager to let go
eager to dance with gravity
eager to become one with the ocean
to change, to evolve, to begin again
to give life, to be reborn
to be the rose petals in the wind

to transmute light through a window
mirroring the world in all its colors

Wingspan

some birds have huge wingspans
outstretched, feathered, reaching for the ends of the earth

wouldn’t it be something if a great dove
could stretch its wings around the whole world

and cradle it in love?

Alchemy

What if the purpose of life is alchemy?
rainstorms blossom into fresh tulips
giving life to rainbows that glitter across the sky
sunlight spilling into peaceful meadows

What if the meaning of life is transformation?
the butterfly teaches the caterpillar
how to paint the wind in its colors
how to fly to the tallest treetops

What if the calling in life is compassion?
baby birds wait for their time to fly
winter trees wait patiently for spring to return
rivers rush, but they are not in a hurry

What if the journey of life is evolution?
time is an ocean wave
love is a sand sculpture
beauty is a garden that blooms again and again.

Lighthouse

Everyone needs a lighthouse

sometimes it’s
a hand to hold
on a summer day

sometimes it’s
birds singing
outside a bedroom window

sometimes it’s
a cup of tea
resting beside a book

sometimes it’s
a prayer
to the stars

sometimes it’s
a beautiful song
from the past

sometimes it’s
flowers, their colors
lighting up a room.

Let The Ocean Teach You How To Love

Let the ocean teach you how to love
hold sweet moments in the depths of your heart
keep them safe like hidden treasures
write messages of hope and keep them in bottles

Let the sky teach you how to dream
imagine beautiful things without limits
close your eyes and see colorful roses
count the shapes you see in the white clouds

Let the moon teach you how to change
we go through phases, some light, some dark
all phases have beauty and luminescence
when one is willing to look up at the stars

Let the constellations teach you how to wander
trust that the stories will live in your heart
trust that love exists in the light
trust that the bright stars will guide you home.

Hold A Seashell To Your Ear

Hold a seashell to your ear
listen to the ocean
listen to the stars saying, “you are loved”
listen to the sun saying, “you are light”

Hold a seashell to your ear
listen to the magic
listen to the birds saying, “be free”
listen to the wind saying, “let go”

Hold a seashell to your ear
listen to the wonder
listen to the angelfish saying, “swim together”
listen to the sea turtles saying, “go with the flow”

Hold a seashell to your ear
listen to the mystery
listen to the whales saying, “sing with me”
listen to the octopus saying, “hold on tight to the many things you love.”